Dear Parents

As you are aware this week we celebrated Catholic Schools Week across the Archdiocese. On Wednesday we celebrated as three schools at Carroll College. We travelled by bus to Broulee and celebrated Mass together in the school hall. It was inspirational to watch the reverence of the children gathered in such large numbers. We were very proud of our St Mary’s children. Following Mass the children had the opportunity to purchase some homemade treats and play together in the playground. It was wonderful to see the older children taking special care of their younger siblings and friends.

This afternoon you are all welcome to come down to Riverside Park for a picnic and games afternoon. It will be a very informal gathering from 4.30pm until 6.30pm weather permitting. Just bring along some food and a rug to sit on.

At staff prayer this week we were reflecting on the violence in our world today particularly in relation to the situation in Bali. We sadly live in a violent world—some of it our own making. We try to protect our children from violence and encourage them to look for peaceful solutions to problems. We pray for all those affected by violence as we work at St Mary’s to be a peaceful, tolerant school where the community demonstrate care and respect for one another.

Cyber Safety
We had a visit from our Police youth-liaison officer on Wednesday afternoon who spoke to the Year 5 and 6 children about being safe while online. The message was quite simple—do not do, say or post anything online that you would not do or say to a person face-to-face. Children should not post personal information including name, address or photographs on social media. Social media has some wonderful advantages but we need to ensure our children are being safe.

Events Working Party
We will hold a short meeting of interested people here at school next Thursday evening at 7pm. All are welcome as we discuss some fundraising ideas for St Mary’s and lock in some dates. We hope to be finished in less than 1 hour. Please come along with ideas and support.

NSW Election
The NSW state election is less than a month away. This is an important opportunity for Catholic education to raise the issue of fair and sustainable State Government funding for Catholic schools. Here are our 4 key messages:

- A significant public funding gap exists between Canberra-Goulburn’s Catholic systemic schools and government schools in the same area.
- Catholic schools save tax payers billions of dollars each year by educating 251 000 children.
- Catholic schools require a more equitable share of capital funding to expand school places to meet growing demand.
- Parents of children at Catholic schools contribute to the NSW education system twice—as taxpayers and through school fees.

Best wishes
Mick Lowe
Principal

Week 8—Term 1
Weekend Masses
Moruya: Vigil Mass – Saturday 6pm
Tuross: Sunday 8am
Moruya: Sunday 10am

Monday 16 March
Awards Assembly
Year 1 Excursion (Museum 12pm)
AFL Clinic (Stage 2) 12pm

Tuesday 17 March
AFL Gala day Stage 2
Reconciliation Prayer, 3.15pm

Wednesday 18 March
Whole School Mass, 9:15am
Year 4 Botanic Gardens excursion

Thursday 19 March
St Patrick’s Day, dress in green (gold coin donation)
St Patrick’s Cupcake Day (bring silver coins)
York Training ACT (Mrs Matthews)

Happy birthday to the following students celebrating their special day this week:
Cooper M
Ellie H
Kalissa B
Tiarna M
Max C

Q What happened to the snail who lost his tail?
A He became very sluggish
Q What do you call a man with a car on his head?
A Jack
Religion News

This Sunday's Gospel
God speaks to us in many ways, including through the Sunday Scripture readings. This Sunday's Gospel reading is taken from John's Gospel. The second part of the Gospel is a reflection on Jesus' words to Nicodemus. In these reflections, John explains a number of themes that are found in his Gospel: light and darkness, belief and unbelief, good and evil, salvation and condemnation. In John's reflection, we find an observation about human sinfulness. Jesus is the light that has come into the world, but people preferred the darkness. We wish to keep our sins hidden, even from God. Jesus has come into the world to reveal our sins so that they may be forgiven. This is the Good News; it is the reason for our rejoicing in this season of Lent and throughout our lives.

Catholic Schools Week
This year's 'Educating for today and tomorrow' theme emphasises that schools in the Catholic system also provide the occasion and opportunity to understand the present time and imagine the future of society and mankind. Catholic Schools Week is about celebration. The main aim of CSW is to raise awareness and celebrate the strength and distinctiveness of Catholic schools. CSW provides an opportunity for Catholic schools to showcase what happens every day in our schools and invites the community in to experience teaching and learning at its best. Catholic Schools Week is about strengthening relationships between all those that have a stake in our schools – students, staff, families, priests, parishioners, and members of the wider community. We joined together with St Bernard's Batemans Bay and Carroll College Broulee to acknowledge the uniqueness of Catholic schools. Fr John and Fr Dominic celebrated this Mass with us on Wednesday at Carroll College. Students from the three schools participated in the readings, Prayers of the Faithful and the beautiful music which was taught and coordinated by Mrs Ros Maher. After the Mass the students were free to mingle with children from the other schools and purchase morning tea provided by Carroll College, with all proceeds going to the missions. The students agreed that they had a wonderful day and they even had the opportunity to make some new friends.

St Patrick's Day
We will come together with our parish community next Wednesday 18 March to pray and honour the patron saint of Ireland, St Patrick at our whole school Mass at 9.15am. We continue to celebrate St Patrick’s Day because many of our ancestors came from Ireland. Many Australians remember the Irish settlement and culture on St Patrick’s Day. The Irish were among the first Europeans to settle in Australia. More than 300,000 other Irish settlers migrated to Australia between 1840 and 1914. Many Irish immigrants came to Australia to escape famine in their homeland. About 30 percent of Australians are believed to have some Irish ancestry today. All families, friends and parishioners are most welcome to join us next Wednesday 18 March in the Sacred Heart Church.

Have a happy and safe weekend
Marg Croese
Religious Education Coordinator

Lord,
Enlighten what's dark in me,
Strengthen what's weak in me,
Mend what's broken in me,
Bind what's bruised in me,
Heal what's sick in me,
And lastly,
Revive whatever peace and love
has died in me.
Amen

Religious Education Coordinator
Picnic in the Park

TONIGHT: THURSDAY 12 MARCH
All families are invited to participate in the Family Fun Night Picnic in the Park. On behalf of the school community we would like to welcome our new and continuing families to the 2015 school year at Riverside Park from 4:30pm–6:30pm. Please bring your own blanket, picnic dinner and soft drinks/water, plus your favourite family game such as cricket, frisbee etc. We will have parachute games, volleyball, giant chess and a few other fun surprises. Grandparents are more than welcome! So come and join us for a fantastic, fun family evening.

ICAS competition for Year 2– Year 6
Please return all competition nomination notes and money by Monday 30 March.

Parent/Teacher Interviews
Please return the Parent Meeting Time nomination note as soon as possible. Each parent meeting will last 15 minutes and will take place in your child’s classroom. The purpose of these meetings is to discuss how your child is adapting to their new learning environment and to highlight any observations in terms of their learning. The teachers look forward to discussing the individual learning needs of your child/ren with you.

Catholic Schools Combined Concert Band: On Monday 9 March, students from St Mary’s, St Bernard’s and Carroll College performed 8 musical numbers for all our students. The concert was very entertaining and everyone enjoyed the mix of movie themes, jazz and big band songs. Congratulations to the talented students and staff involved. It was a great way to start Catholic schools Week for 2015

Wishing God’s best for you,

Catrina Niddrie
Assistant Principal
**Crunch and Sip**

St Mary’s is a Crunch and Sip school. This means that we have a fruit break every morning and children are encouraged to crunch on fruit or vegetables and sip water. It enables them to refuel and rehydrate, which helps improve concentration and mental and physical performance. Fruit and vegetables provide vital nutrients for children, which are important for good health, both now and in the future. Please ensure that your child’s fruit or vegetables are ready to eat in a container that has cut up fruit or sticks of vegetables. If you would like to find out any further information please head to the Crunch and Sip website [http://www.crunchandsip.com.au](http://www.crunchandsip.com.au/)

Here are some suggestions of what you can included in your child’s lunch box for Crunch and Sip:

- **Fruit**
  - All fresh fruit (e.g. whole fruits, chopped melon etc.)
  - Fruit canned in water, juice or ‘no added sugar’ (e.g. peach slices)
  - Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

- **Vegetables**
  - All fresh vegetables (e.g. celery, carrot sticks, broccoli bits etc.)

- **Water**
  - Only plain water

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**Head Lice**

We have had an increase in the number of head lice cases reported to the school lately. This may be due in part to the humid weather we’ve been experiencing. Head lice come in cycles and when there is a serious outbreak in a school it requires parents to check their children weekly. It would be prudent to begin doing this now. Early detection makes the job of removing the lice and eggs a great deal easier. If they are not treated, a child risks getting reininfected and the outbreak will never be totally eradicated.

It cannot be stressed enough that head lice is not an indication of poor hygiene.

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**Winter Uniform**

Winter uniform is worn at St Mary’s during terms 2 and 3. Now is a great time to take stock of what you have, and what you may need—just in case the size you require needs to be ordered.

Uniforms are available at:
HIP POCKET
3/1 Hughes St, Batemans Bay
Ph. 44726990

Catrina Niddrie
Assistant Principal
Week 7 Class Awards

Congratulations to the following children who received class awards this week. It is great to see so many children working hard and receiving acknowledgment for their efforts - well done to all!

<table>
<thead>
<tr>
<th>Year KCK</th>
<th>Year KW</th>
<th>Year 1H</th>
<th>Year 10</th>
<th>Year 2JP</th>
<th>Year 2J</th>
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<tbody>
<tr>
<td>Lily H</td>
<td>Murray L</td>
<td>Roy E</td>
<td>George G</td>
<td>Jack H</td>
<td>Chloe H</td>
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<tr>
<td>Brooke B</td>
<td>Ruby H</td>
<td>Lachlan G</td>
<td>Katelen B</td>
<td>Lake H</td>
<td>Zane B</td>
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<tr>
<td>Charlie H</td>
<td>Cody C-H</td>
<td>Bridie I</td>
<td>Mille K</td>
<td>Max C</td>
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<tr>
<td>Charlotte R</td>
<td>Cooper C</td>
<td></td>
<td>Mikayla C</td>
<td>Lauren W</td>
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<tr>
<td>Hannah W</td>
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</table>

<table>
<thead>
<tr>
<th>Year 3D</th>
<th>Year 3S</th>
<th>Year 4</th>
<th>Year 5</th>
<th>Year 6</th>
<th>Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xian F</td>
<td>Jared S</td>
<td>Julie N</td>
<td>Charlotte Q</td>
<td>Josh C</td>
<td>Bradley L</td>
</tr>
<tr>
<td>Jack B</td>
<td>Taya B</td>
<td>Chloe W</td>
<td>Takiya N</td>
<td>Rhys F</td>
<td>Millie H</td>
</tr>
<tr>
<td>Tamarni T</td>
<td>Charlotte S</td>
<td>Charlee P</td>
<td>Ryles W</td>
<td>Bree Mc</td>
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</tr>
</tbody>
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Performing Arts
- Jesse O
- Mikayla C
- Max M

Canteen Update

Week 8
26 March

“HOT DIGGETY DOG” SPECIAL LUNCH DAY

Meal deal special lunch orders due Monday 26 March 2015.

Please note: No other lunch orders will be available on this day.

Lunch and recess over the counter items will be available as usual.

Week 9
27 March

No canteen due to Cross Country.

Red Rock Deli chips and poppers will be available for students to purchase.
Year 3 wrote letters to the residents of IRT. We delivered them on Friday.
Sports Report

Archdiocesan Swimming Carnival 2015
On Tuesday 3 March students from St Mary’s School participated in the Archdiocese Swimming Carnival at Queanbeyan. Congratulations go to all students who participated, sharing in a successful and fun day. Your enthusiasm and positive school spirit was again on show throughout the carnival. It was also pleasing to see our students improving their personal times and competing at such a high level. Congratulations to Michala P (Year 5) who will now be competing at the MacKillop Swimming Carnival, Homebush Sydney. She had a very successful carnival winning 3 events and coming 2\textsuperscript{nd} in another. We wish her every success at the next level. The day of course cannot run smoothly without the assistance of parents. Thank you to those parents who helped out with time keeping. This assistance was greatly appreciated and contributes to the success of the carnival.

Winter Trials
A number of our senior students have been in Queanbeyan at winter trials this week competing for various positions within the Archdiocesan Rugby League and Netball teams. This was a very competitive day for the year 6 students

\textbf{Open Rugby League} – Sam H and Sebastian H
\textbf{Netball} – Shayne H, Bree Mc, Lily G, Gemma M

Congratulations to Shayne H, Lily G who has progressed to the next level of competition, the MacKillop Netball trials. Congratulations also to Sam H who has progressed to the MacKillop Open Rugby League Trials. We wish you every success at the next trials.

\textbf{2015 Australian Interschools Mountain Bike Championships}
The 2015 Australian Interschool Mountain Bike Championships were held last weekend in Thredbo. Alex C (3S) represented St Mary’s. There was a great line up of racing and fun for school-age riders. The Interschools are a great way for riders to compete in a supportive and fun environment with a mix of events across the weekend. In the primary school category Alex competed in the Cross-Country and Dual Compressor events, and although too young for the Downhill competition Alex managed to get a couple of goes on the Downhill course as well. Well done Alex!

Justin Bateman, Sports Coordinator
Netball Trials
By Gemma M (Year 6)

“Shayne, Lily, Bree and myself went to Queanbeyan on Tuesday for Netball trials. We all had a lovely day. Firstly we were divided into groups to do different warm up skills - we had shooting, passing and agility skills. Then we played a few games in mixed teams. 20 girls got picked from there and then we played another game. The final ten girls then got picked and we were lucky to have two from St Mary’s chosen. We wish Shayne H and Lily G all the best in the team.”

Cricket
Red v Blue

The first of our inter-house matches got under way on Friday at Gundary oval. Red were first to bat but some tight bowling made scoring very difficult early on until young Bailey B came to the crease and showed the older batsmen how to hit the ball very hard and away from the fieldsmen. He top scored for his side with 13 not out. He was well supported by Ryle, Brad and Sebastian.

The pick of the Blue bowlers was young Angus from Year 3 who finished with 1 wicket for 1 run from his overs. Others to bowl well included; Huon (0-3) as well as both Vincent and Bernie who each finished with 0-4. Josh was the pick of the fielders behind the stumps stopping some very difficult deliveries and making runs hard to come by for the Red team. Bernie, Angus and skipper Sam were also very safe in the field. Red finished with 32 runs from their 15 overs.

Blue were next to bat and they also found scoring very difficult until Sam came to the crease at number 3. He was particularly brutal on the bowlers and also very intelligent with his running between the wickets. He finished with 16 runs. Others to bat well were his brother Tom with 6 runs and Josh with 4 runs.

Skipper Cooper was the pick of the Red bowlers finishing with 2 wickets for 1 run and he was well supported by Bailey (0-1) and Ryle (0-6). Bailey was also very tidy in the field as were Austin, Tom and Ryan.

Blue finished with 39 runs from their allotted overs and record the first victory of the season. Next week same time, same place: Red v Gold. Parents always welcome.

Congratulations to ‘Player of the Match’ Sam from Bailey, Josh and Angus.

John Harnett
Looking good in the Library!
Mini Vinnies!

Last Friday the St Mary’s Mini Vinnies group met for the first time. It was so great to see how enthusiastic the children were about being selected and we even discussed some initiatives for this Semester. We started making Easter Cards for the elderly. We will continue these cards this week. Hopefully in Week 8 or 9 we can deliver them to the hospital and/or retirement village. I would also like to make a special mention of Piper W and Charlee P for joining us last Friday to make some cards. Thank you girls! Check out our hard working Mini Vinnies Group!

Sophie O’Hehir

HAPPY ST. PATRICK’S DAY

St Patrick’s Day is fast approaching! The SRC have been busy organising next Thursday’s festivities. Remember – St Patrick’s Day is being celebrated on Thursday 19 March due to other events happening on the 17 and 18 of March. PLEASE WEAR GREEN ON THIS DAY!

The SRC ask that you please bring in a gold coin donation on the day for the Mission – Caritas. http://www.caritas.org.au/about

Scrumptious green food will be sold at the first break (11:35-12:00pm). The stall will not be open until after eating time. The SRC will be busy next week cooking cupcakes, jelly cups, meringues and serving green lollies! Everything will be sold to raise money for the missions, at the cost of a silver coin per item (20c-50c each).

Don’t forget to start planning your costume as the SRC will be judging the best dressed in each class – prizes awarded! We can’t wait!

Sophie O’Hehir and the SRC.
Information Sheet: Education Reconnect – ACU Units: Canberra Campus - 2015

Are you interested in a career in Business, Nursing & Paramedicine, Social Work, or Education?

Are you aged between 18-34 years of age?

Undertake university study if you come from Young, Queanbeyan, Yass, Bega, Moruya, Moss Vale, Cooma, Goulburn, Broulee or Pambula and surrounding districts

Most course units are held on weekends and all are financially supported.

Program: Intensive Weekends – Compulsory Attendance
@ACU Canberra Campus. Intensive Study Skills Weekend & Introduction to Unit. 10.00 – 4.30
Morning Tea and Lunch provided
Accommodation at AIS provided on the Saturday Night.

How does Education Reconnect Work?

Intensive weekends at the Canberra Campus or fully online

An initial Academic Skills Weekend will set you up for success and you will obtain online study support from our Academic Skills Advisor for the semester

Student Mentors are allocated to help you each step of the way

Resources – All textbooks are provided free
HECS/HELP free

Units are all FIRST Year University units and you can get Recognised Prior Learning (RPL) at other universities.

You can apply for Direct Entry to ACU on completion of these units.

Administration Fee: $200 – to be refunded on completion of unit, otherwise non-refundable.

If you would like further information, please contact the St Mary’s school office.
Helping kids deal with rejection

A bit of rejection and disappointment is good for kids, as long as they learn how to cope with it...

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection. Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school.

Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever.

And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on

Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand.

Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model** optimism. Watch how you present the world to children, as they will pick up your view.

2. **Tell** children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

3. **Help** children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again.

4. **Laugh** together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.

Michael Grose


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parentingideascub.com.au